

**Mohammad Ibrahim**  
Shell Twilight Basketball Participant and Coach  
(Bellahouston Hustlers)

Mohammad started attending Bellahouston in 2005 as he was looking for a team sport to play so his older brother suggested Twilight Basketball. Mohammad already played badminton as part of the Glasgow Academy of Sport but was looking for the camaraderie found in a team sport as he found training for badminton very individualised.

Although he had never played basketball before, Mohammad quickly caught up as his fitness and natural athletic ability suited the game well. He loved the sessions and **'never missed a Friday'**. However, Mohammad had fallen into a group of friends at school who were **'just there to misbehave and cause trouble for everyone'** so he used Friday night sessions as a way out of the group. Twilight gave Mohammad the same **'brotherly'** feeling and allowed him to focus on basketball instead.

His choice and dedication paid off, after a year of attending Bellahouston Mohammad was selected to play for the Glasgow Rocks Cadet Team and continued to train at both sessions.



**'Being part of a huge team motivated me and gave me the satisfaction and attention of succeeding as well'**. He was also chosen to be captain by his peers which also boosted his confidence and he was **'proud to be nominated'** in a group of really strong players.

In 2010 aged 17 Mohammad suffered a serious knee injury, although that didn't stop him from attending Bellahouston. **'I could still move around a little after my surgery so I wanted to be involved... I offered to help coach'**. Mohammad never looked back! He quickly became an asset at the session coaching the younger age groups. He volunteered for months building up his experience. Shell Twilight coordinators realised his potential and gave him the opportunity to do his Level 1 Coaching Award. He used those skills to help develop as a coach and consequently has been working as a paid coach for over two years; the participants are benefiting from his experience through the programme.

*'Mohammad had a key role in turning the programme into one of the most successful Shell Twilight Basketball sessions. His ability to lead through example, take pride in his team and Shell Twilight Basketball, treat all teammates equally, diffuse heated arguments and still keep the atmosphere enjoyable have contributed to a successful basketball team and programme'* Greta Montgomery, Head Coach

Mohammad has come a long way since 2005, he is now nearly 21 years old and is currently studying Engineering at University while coaching at Bellahouston on a Friday night. He is a key member of the Shell Twilight programme and he has recently taken on the challenge of

becoming a Senior Ambassador within our new employability initiative. This will involve him using the skills he has learnt and passing on his experience to new coaches developing through Shell Twilight Basketball.

‘Mohammad is a stand-out individual. He has had a lot of family responsibilities from a young age but yet he has achieved the goals he set for himself. He has taken advantage of opportunities set before him within TBB and has worked hard to excel.’